

# January

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs, recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

## **ELDERBUS**

### **In town daily**

\$1.50 each way

Medical Trips into Worcester

**Monday, Wednesday, Friday**

\$2.00 each way

**24 hour business day notice by calling:**

1-800-321-0243



## **MEMBERS OF THE COUNCIL ON AGING**

CHRISTINE MANCINI: **CHAIR**

JIM LETENDRE: **VICE CHAIR**

Sandy Fritz: **Secretary**

Scott Connor: **TREASURER**

SHEILA PHOENIX: **MEMBER**

RACHAEL SUGALSKI: **MEMBER**

SUE ARSENAULT: **MEMBER**

LUCINDA PUCHALSKI: **MEMBER**

PAMELA WOODBURY: **MEMBER**

**DIRECTOR:** APRIL CARUSO

**OUTREACH COORDINATOR:**

Next Meeting January 11, 2022



# Happy New Year



All programs funded through the Executive Office Of Elder Affairs (EOEA)

# SENIOR TAX BREAKS

One part of the Healthy Aging Initiative is to help seniors age in place. When polled, the majority of seniors want to stay in their homes as long as they can.

There are ways to help that happen

## 1. Senior Property Tax Exemptions

Must be age 70 and over get \$500 tax exemption

## 2. Senior Circuit Breaker Tax Credit

This is only on Massachusetts State Tax

## 3. Senior Worker Tax Work Off Program

Get up to \$1000 per household off your real estate

Tax bill by working for different town departments.

Call 508-885-7546 for details

## 4. Senior Tax Deferral Program

If a senior's household income is less than \$20,000 per year, you can defer paying taxes but there is an 8% interest rate. Call the Assessor's office at 508-885-7500 Ext. 165 for more information.

## Pitch Tournament

Starting Wednesday January 5th @ 6:00PM

Runs every Wednesday for 12 weeks at the

Spencer Senior Center 68 Maple St

Cost: **\$5/week**

Sign up at the Senior Center 508-885-7546



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# Happy New Year!

**We hope everyone had an awesome holiday.**

**Here is a list of our current daily activities.**

<b>Monday:</b>	<b>9:30-11:30 Cribbage</b> <b>9:30-11:00 Quilting</b> <b>1:00-2:00 Low Impact Exercise</b>
<b>Tuesday:</b>	<b>9:30-10:30 Yoga</b> <b>10:30-11:30 Aerobics</b> <b>11:30 Lunch (must sign up 48 hours in advance)</b> <b>1:00-3:00 Bingo</b>
<b>Wednesday:</b>	<b>11:00-12:00 Tai-Chi</b> <b>12:30-1:30 Beginner Line dancing</b> <b>1:30-2:30 Advanced Line dancing</b>
<b>Thursday:</b>	<b>9:00-1:00 Friends Boutique Open</b> <b>9:30-10:30 Yoga</b> <b>10:30-12:30 Aerobics</b> <b>11:30 Lunch (must sign up 48 hours in advance)</b> <b>1:00-3:00 Bingo</b>

**We also have a variety of Specials every month, Come check out the center and grab a newsletter with our monthly calendar to see what else we have planned for the month. We are always open to new ideas, there is a suggestion box at our check in station on the ground floor. We look forward to serving you in 2022!**

## **January Menu**

**1/4 Hot dog**, baked beans, coleslaw, fresh fruit, hot dog bun, mustard

**1/6 Ranch chicken**, Obrien potatoes, peas & onions, gingerbread, white bread

**1/11 Burger w/ chili & cheese**, green beans, steak fries, strawberries, bun

**1/13 American Chop Suey**, Roasted Broccoli, Carrots, fruit ambrosia, French bread

**1/18 Greek Chicken**, Steamed White Rice, Calif. Veg., Peaches, Pumpernickel Bread

**1/20 Turkey w/ Supreme Sauce**, Cornbread Stuffing, Mashed Sweet Potatoes, Fresh Fruit, Whole Wheat Bread

**1/25 Vegetable Cheese Bake**, Seasoned Potatoes, Green beans, Fresh Fruit, Italian Bread

**1/27 Salisbury Steak w/ Gravy**, Garlic Mashed Potatoes, Herbed Carrots, Birthday Cake, Sandwich Roll